

MARYSHUK HOUSING

TAKES OVER ALBERTA STREET NEWS



Alberta Street News becomes part of Homeward Bound Support Services and Martyshuk Housing.

PAGE 4

Photo By: Linda Dumont



Martyshuk Housing

Alberta Street News is an independent publication sold by vendors on the street.

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ALBERTA STREET NEWS

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Alberta Street News is an independant publication
sold by vendors on the street

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POETRY

The Positive Touch

By Ryan Robertson

I love you
For reasons
That go beyond
The Norm...
We have
Known each other
For a long time
We have
Lived through
Good times and bad-
We have
Encouraged each other...
We have picked
Each other
Up off the matt...
But most of all
We have been positive
That every situation
Can have a good ending
And
It simply does

The Equilibrium

By Ryan Robertson

As time
Goes on -
It is becoming
Easier to see
That
A Friendship
For life
Is Guided
By Personal error's
And Adjustments
On both sides...
The balancing point...
The reason
It all holds together -
Is because
Of honesty and respect -
If only the world
Could sacrifice
As we do -
It would be a better place...

The Cycle of Life...

By Ryan Robertson

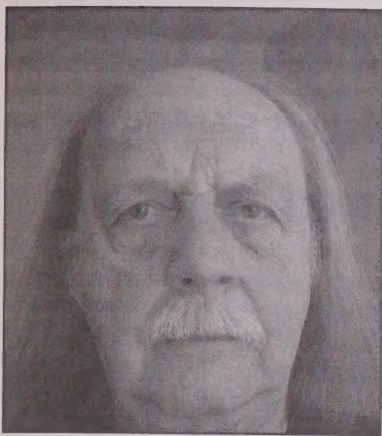
The way
To paradise
Is a long
Drawn out affair
Or it
Could be
A
Short jaunt
We go merrily along
Until

We reach out end
And Children
Are a Blessing.
For we train them
To be
Responsible
And how to care....
Not only
For us as
We grow old
But themselves

- VENDORS -

Pick up papers from Rob Cooper
at MacDonald Lofts at
10128-105 Avenue
Weekdays - 9 to 3:30 p.m.

EDITORIAL



ON POLICE VIOLENCE (1)

By Allan Sheppard

When Guns Become Hammers...

By Allan Sheppard

The natural reaction—certainly my first reaction—to news of the August 9 shooting in Ferguson, Missouri of an unarmed black teenager, Michael Brown, by police officer Darren Dixon, was a mixture of horror, outrage, anger, and incredulity: How can such things happen? How can encounters between police and citizens—especially citizens from minority communities—blow up so quickly? How can they happen so frequently, in Canada as well as in the United States?

A second, sadly almost inevitable, reaction is often to shrug wearily, conclude cynically that nothing can be done, and move on: sadder, wiser (perhaps), feeling less empowered, less safe, and

less confident in the integrity of police forces and the governments that hire, oversee, and equip them legislatively and technologically.

My own thoughts eventually turned to hammers and nails, recalling the words of psychologist Abraham Maslow: "I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail."

It seems natural for police to resort to familiar, handy tools—guns—in stressful situations. The tendency might be due to lack of resources or lack of training, which would limit the options an officer believes are available and viable. It might be due to lack of imagination on the part of the officer or, equally (if not more) importantly, on the part of senior officers and political leaders who are responsible for managing and funding the training and fitness (physical, emotional, professional) of officers and for maintaining a positive level of morale and dedication to the mission of a police service: generally some variation of "to serve and protect."

Officers may tend to respond to situations from habit, even when circumstances differ, and even when the habitual response is extreme: to use, or threaten to use, lethal force.

While sourcing the Maslow quotation, I stumbled on an observation from philosopher Abraham Kaplan that points to a more worrisome explanation of habitual responses: "Give a small boy a hammer, and he will find that everything he encounters needs pounding." I don't mean to imply,

with that quotation, that police officers are generally childish or childlike in their attitudes and behaviour. That may describe some of them, but most in my experience are mature professionals dedicated to public service in a job that is inherently challenging and potentially dangerous.

Kaplan's explanation of his provocative statement makes an important point: "It comes as no particular surprise to discover that a scientist [or, I suggest, any other professional, including a police officer] formulates problems in a way which requires for their solution just those techniques in which he himself is especially skilled." The more technology someone acquires, for example, the harder it is not to use it, and the more tempting it can be to look for—even to go so far as to create—opportunities to use it.

Senior officers and other advocates for and defendants of police will insist that lethal force, by firearm or other means, is a last resort, to be used after all other options have been tried and failed. They will also insist that all officers are trained and retrained follow a checklist of alternative tactics, designed to de-escalate a volatile situation before resorting to, or even considering, lethal force.

Too often, though, that isn't the way things happen. Too often officers resort to lethal force as a first resort, in fact as the only resort. Or so it seems, especially to those among us who feel most vulnerable and powerless.

The vast majority of officers, we are often told, work full careers without

ever drawing their weapons on duty; they never face the need or they are able, when confronted by potential violence, to follow their training and de-escalate an encounter.

Of the few who do draw and use their weapons, we are entitled—indeed, required—to ask how some encounters escalate to a point where lethal force seems the only valid option: if and how their training helped or failed them. Such questions are especially poignant when a victim is found to have been unarmed or mentally ill. We are obliged to ask such questions not because we do not understand or want to minimize the challenges and risks officers sometimes face. We must ask them because we know, having been told so many times by experts and senior officers, that police are trained, once they believe themselves at a point of no return, to shoot to kill and to keep shooting until they no longer feel threatened.

There are no simple answers here, either from the police, from experts in policing or from sideline observers such as I. But we must all ask—and keep asking—the questions. I plan to do that in the next few issues of Alberta Street News, continuing next month with a look at some of the accelerants—fear, anger, prejudice, racism, delusions of grandeur, feelings of entitlement—that drive officers and victims to a point where it appears, at least to one of them, that someone must die.

[The Maslow and Kaplan quotations are taken from the Wikipedia entry for "Law of the Instrument."]

Resources In Edmonton

SOMETHING TO EAT...

HOURS VARY - CALL 211 FOR MORE INFORMATION

Bissell Centre - daily sandwiches	780-423-2285 ext.140
Robert Tegler Friendship Room (adults only)	10527 96 Street
Boyle St. Community Services - daily lunch	780-424-4106
10116 105 Avenue	
Edmonton's Food Bank - food hampers (must call)	780-425-4190
Hope Mission	780-422-2018
9908 106 Avenue	
Marian Centre - daily lunch	780-424-3544
10528 98 Street	
McCauley Seniors Drop In (55+)	780-408-2970
9526 106 Avenue	
Mustard Seed - evening meals	780-426-5600
10635 96 Street	
Salvation Army - food hampers	
9620 101A Avenue (drop in)	780-424-9222
1241 Hyndman Road (by appointment)	780-472-6743

SOMEWHERE TO SLEEP...

FOR WOMEN	
Women's Emergency Accommodation	780-423-5302
9611 101A Avenue	
FOR MEN	
Herb Jamieson Centre	780-429-3470
10014 105A Avenue	
Salvation Army Short-Term Residence	780-429-4274
9611 102 Avenue	
FOR WOMEN & MEN	
George Spady Centre (intoxicated)	780-424-8335
10015 105A Avenue	
Hope Mission	780-422-2018
9908 106 Avenue	
YMCA Downtown Housing (small fee)	780-421-9622
10030 102A Avenue	
FOR YOUTH	
Hope Mission Youth Shelter	780-422-2018
9908 106 Avenue	
Youth Empowerment and Support Services - Shelter	780-468-7070
9310 82 Avenue	

SOMEONE TO TALK TO...

24-HOUR CRISIS LINES	
Child Abuse Hotline	1-800-387-5437
Crisis Support Centre Distress Line	780-482-4357
Kids Help Phone	1-800-668-6868
Seniors' Abuse Helpline	780-454-8888
Sexual Assault Crisis Line	780-423-4121
IMMIGRATION SERVICES	
Catholic Social Services	780-424-3545
10709 105 Street	
Changing Together - A Centre for Immigrant Women	780-421-0175
3rd Floor, 10010 105 Street	
Edmonton Mennonite Centre for Newcomers	780-424-7709
11713 82 Street	
COUNSELLING SERVICES (NO-FEE/SLIDING SCALE)	
City of Edmonton	780-496-4777
Assessment and Short-term Counselling	
The Family Centre	780-424-5580
Urban Counselling Network	780-424-4106 ext.272

MARTYSHUK HOUSING TAKEOVER



Photo By: Linda Dumont

Eric Rice, president of the Edmonton street News Society, Theresa Walsh Cooke, photographer for Alberta Street News, John Zapantis, writer for Alberta Street News, Melissa O'Keefe, Manager, Alberta Street News, and Rosie Kuntz, Operations Manager, Martyshuk Housing, standing outside MacDonald Lofts September 10 for a press conference.

By Linda Dumont

After eleven years as a volunteer-run newspaper, Martyshuk Housing has acquired Alberta Street News and intends on operating it as a social enterprise endeavour.

"Alberta Street News has developed a loyal following and strong credibility as a voice for Edmonton and Calgary's marginalized and homeless population," says Eric Rice, Board Chair of Edmonton Street News Society, the publisher of Alberta Street News since inception in 2003. "We are very excited to see it evolve into a better and stronger paper with the support of Martyshuk Housing and Homeward Bound."

Rosie Kuntz, Chief Operations Manager of Martyshuk Housing says, "We see this as a huge opportunity for the people that currently operate as vendors as well as those that wish to find employment through this paper. Our plans are to expand the publication, in order to reach the widest audience possible. It is important to provide employment to those that have difficulty finding jobs. Our main focus right now is to create awareness and let people know that by purchasing a paper, they are helping someone out that would have no other source of income or very limited income."

Melissa Crissida O'Keefe, Operations Manager for Alberta Street News, says "For me, this is an opportunity to give back. I had personal experience with homelessness and I want to see success for our vendors at every

level. Finding employment is difficult at best, but when you live on the streets, without an address, it is nearly impossible. The people of Edmonton need to get to know our vendors and help support their endeavours."

Linda Dumont, founder and editor of Alberta Street News will continue editing the paper. Dumont says, "What is most important is that Alberta Street News will continue to be published and sold by vendors on the street, providing an opportunity for employment and giving a voice to those, who are in need."

Alberta Street News will now have a distribution office at MacDonald Lofts, one of the Martyshuk Housing residences, where vendors can come to pick up their papers. Martyshuk Housing

specializes in housing individuals who are homeless or at risk of becoming homeless. More than 60 per cent of their residents are considered hard to house. Services are adapted to clients rather than clients adapted to services.

Martyshuk Housing began as an employee housing company in 2004. Impressed by the notable improvements in workmanship and reliability exhibited by employees living in his first house, founder and President Dave Martyshuk recognized a business opportunity that would benefit both employers and employees. He began networking with oil and construction businesses to rent rooms to out-of-town employees at a more economical rates than hotels or motels. In 2007, Dave's attention turned to the closing of



Photo By: Linda Dumont

Vendor Dale Ferris spoke to news reporters about his experiences as a street newspaper vendors. Dale was one of the first vendors to sell Alberta Street News in November, 2003.

Alberta Street News under new management

Edmonton's Tent City, a community of more than 200 homeless people that was formed in the midst of an affordable housing crisis. The team at Martyshuk began researching homelessness issues and connecting with different community agencies, not only in Edmonton, but also throughout the rest of Alberta. At this time, Martyshuk Housing began experiencing a steady demand to provide accommodation to hard-to-house individuals. To accommodate this clientele, Martyshuk modified its operating protocols and developed a business model that is flexible enough to apply to anyone seeking affordable housing.

Martyshuk Housing owns and operates two apartments in downtown Edmonton. MacDonald Lofts is a 91 unit apartment building located next to the Boyle Street Community Services building in the renovated MacDonald's Consolidated building. MacDonald Lofts offers both bachelor and one bedroom units (utilities included). For those who have difficulty accessing medical services, an on-site physician and nurse are available to see tenants on a weekly basis. Home care nursing services are available for those who qualify. Most of the tenants would be considered "hard-to-house".

In addition to MacDonald Lofts, Martyshuk Housing converted an old motel at 10210-100 Ave., into Dwayne's Home, a 140 bed, full room and board supportive facility located in downtown Edmonton close to social agency providers, services and a wide range of amenities. Named in memory of Martyshuk's brother Dwayne, who died due to addictions, Dwayne's Home features 24 hour security, navigation to services and supports, assistance with housekeeping, life-skills supports and training, free laundry facilities, free internet access and computer stations, free public telephone, nutritious meals prepared on site, free haircuts and grooming services on a monthly basis and home care nursing assistance for those who qualify. They encourage a supportive community atmosphere amongst their guests and strive to assist them in achieving the highest state of health and wellness possible!

OPINION

Sucking It Up In Alberta

By Isabelle Foord

The office of the public trustee (OPT) has 18,000 disabled and elderly clients. The OPT manages assets of half a billion dollars a year. Since 2009, these assets have been steadily eroding. Outrageous administrative fees are being secretly seized for clients' accounts. According to information obtained from the Opt administrative fees are being seized at the rate of five million dollars per year.

The fees are applied to any estate of \$7,000 or more. My handicapped son gets AISH and has a public trustee. My son sometimes had a little more money than is allowed. Consequently, he's paid \$6,000 in fees. The OPT says these are

fair compensation for services rendered. I've been dealing with the OPT since 1971. I know what work is done for my son. It is little more than simple book keeping. My bank does that for free.

The OPT insists that anyone who cannot afford fees won't pay them. In 2009 and 2010, \$4,000 was taken from my son. At the same time the OPT reduced his spending money to \$25 a month. In 2013 another \$2,000 was seized. My son's income for 2013 was \$20,199. His expenses were \$19,449. A percentage of anything my son earns in interest is clawed back by the OPT. Does it sound like my son or anyone can afford these fees?

The Registered Disabled Savings Plan is a federal plan. The federal government pays \$4 for every dollar deposited. This benefit ceases when the donor reaches age 50. Since my son will soon be 50, I checked on his RDSP. I was disappointed to learn that the OPT

only made sporadic contributions to the RDSP, some federal money has accumulated but money that should have gone into the RDSP has been diverted to pay administration fees. The OPT has cost my son thousands of dollars in federal benefits. Between 2009 and 2013, my son gave \$4,000 to the RDSP. At this same time he paid \$6,000 in fees. What good is this divestment? Is this the financial management that my son is paying for? A well intentioned and generous federal plan has been sabotaged by the OPT.

I've asked both the OPT and the Minister of Human Services for guidance and information. I've been told three times that if I don't like the fees I should become my son's trustee. I've been told that I can go to court to have the fees reduced. The lawyer I consulted laughed at me. He told me I'd better get used to buying my son's cigarettes. My son has the

use of two fingers and one thumb only. He doesn't smoke. A second lawyer wouldn't even see me for a consultation. I think there are ample grounds for a class action lawsuit but I wouldn't know where to begin.

I'm convinced the administrative fees are nothing but a cash grab. Successive Alberta governments have refused to raise taxes or to bring back user fees for health care. These same governments have no problem imposing a ruinous levy on a helpless and voiceless minority.

I've protested to ministers, MLAs and MPs. I've contacted disability groups. I've been to government complaints officers. I've made submissions to mainstream and alternative media. I've aroused very little interest and gathered almost no support. When it comes to OPT administrative fee, one thing is abundantly clear. My son will just have to suck it up.

Memorial held for those who died from drug overdose



A memorial was held at the Milnar Library on August 29 to remember those who died due to drug overdose.

By Pedro Schultz

August 29th marked the annual International Overdose Awareness Day to raise awareness and honor the many lives lost through the tragedy of drug overdose. Over 40 people attended this event at the Milnar Library, which featured Information booths, a memorial wall, a raffle and sales of T shirts and other items. Matthew Wong, a nurse educator with Street Works, who sponsored the event, said that the number of overdoses has been increasing steadily, the majority from opiates. Greater awareness is needed to prevent further loss of life. Too often the victim is blamed without taking account of the circumstances. There was a vigil with candles to mark

the occasion. Marlis, the Program Manager has worked for 25 years with the needle exchange and the Street Works van that tours the inner city from 8:30 p.m. until after midnight. Dave O'Reardan, who has an income from AISH, has written three books. He says he has lost many friends to drug overdoses and he wants to raise the awareness of this tragedy. He overdosed three times. He had just wanted to escape the pain he was feeling. He remembers waking up in the recovery room not knowing who he was. James Talbot, the Chief Medical Officer of Health, said there have been over 600 deaths due to drug and alcohol abuse since 2013. He said that a society can be judged by how they treat the poor and needy.

WW1 Internment of legal immigrants remembered

By Linda Dumont

Precisely one century ago Parliament enacted the War Measures Act, which led to the forced internment of legal immigrants who called Canada their new home, but who arrived holding Austrian passports so were deemed by the state to be "enemy aliens." On Friday, August 22nd, the Ukrainian Community of Canada marked the 100th anniversary of that dark chapter in Canadian history. Project CTO (Project 100), conceived and coordinated by the Ukrainian Canadian Civil Liberties Association, saw bilingual commemorative plaques unveiled at select sites across Canada, from

coast to coast.

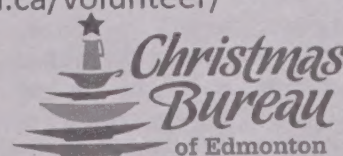
In Edmonton, the brief program included a prayer service in remembrance of the many victims of the internment operations of 1914-1920, which included adults and children of Ukrainian, German, Hungarian, Serbian, Croatian and Armenian descent. Among the special guests in attendance were Hon. Gene Zwozdesky, Speaker of the Legislative Assembly of Alberta, and City of Edmonton Councillor Dave Loken.

Mary Barak, who was born in the Spirit Lake Internment Camp, was the last known survivor of all 24 camps across the country, when she passed away in 2008 at age 93.

Volunteers Needed!

The Christmas Bureau of Edmonton needs volunteers for its 2014 campaign. If you're looking for short-term, meaningful volunteer work in December, visit

www.christmasbureau.ca/volunteer/
or call Kalina at
780 414 7682.



SENIOR'S PAGE



Sharon Austin by Donald Austin

Harvest Time

By Sharon Austin

I ate a peach today that I had bought at the supermarket. The peaches at the supermarket looked lovely in their sterile plastic basket with little holes in it to keep them fresh but when I bit into one, I was disappointed to find that it was small, very hard and tasteless. It was a dull yellow color and the skin was smooth instead of downed with soft fuzz. Even if I let them ripen for a week they could never match the wonderful peaches of my youth. My memory goes back to a kinder gentler time when I was young on the farm; a time when harvest meant a wealth of wonderful fresh vegetables and ripened fruit and granaries full of golden grain.

I remember the smell of ripe peaches, and the delicious taste as I bit into the sweet fruit as the juice ran down my hand. The peach was covered in soft peach fuzz that made me shiver as I bit into it. The fruit man would go around from farm to farm selling wooden crates of fresh ripe peaches, pears, and plums. I remember coming home from school to find mom standing at the old wood stove preserving jars of sliced peaches for the winter. She was wearing an old cotton housedress printed with faded pink cherries and grey lattice work that had once been black. Her black hair was smoothed with a 10 cent hair net and her feet were bare. Poor sweet Mom had size 11 feet at a time when women's shoes only went up to size ten. She would often wear Dad's old shoes around home, and for the few times she left the farm she had a misshapen pair of women's shoes that she had stretched out as best she could by soaking her feet in a washtub of water.

Mom managed to preserve

enough peaches, pears, and plums for the winter without electricity or running water. She also put up lots of jars of saskatoons which she picked herself. Sometimes I would come home to the acrid smell of boiling vinegar so strong it seemed to stick my nostrils together as I breathed. Mom would be making her beet pickles, dill pickles, and mustard beans. All of these jars of preserves would go down into the cellar which was accessible through a cellar door in the middle of the living room floor. The whole family worked together to dig the potatoes, turnips, and carrots in our huge garden and all of these staples went down into the cellar for winter use.

In September we would also harvest the fields of golden wheat, oats, and barley. My sister Linda, and I were always overjoyed to stay home from school for a few days to help with the harvest. I remember the big silver threshing machine and the threshing crew coming in the gate to harvest the grain. Mom would be busy for days before they came making apple pies and homemade bread and planning the big meals for all the men. One of my jobs was to carry a cardboard box of lunch out to the field where the men were loading bundles of grain onto the hayracks. In the box, there would be a two quart jar of hot coffee with milk, meat sandwiches wrapped in wax paper and lots of cookies and apples. When I was old enough, my job was to shovel grain in the granary away from the threshing machine grain chute. It was easy at first to keep the grain away from the chute but as the granary began to fill up it was hard to keep up with the relentless flow of grain. Sometimes I would frighten myself, imagining that the granary would get so full that it would burst apart and I would be drowning in a sea of grain. I could see the grain dust floating in the air like smoke in the lone shaft of sunlight that slanted from the high window. As the granary filled the straw stack grew into a tall yellow mountain of straw as the men threw bundle after bundle into the hungry jaws of the threshing machine.

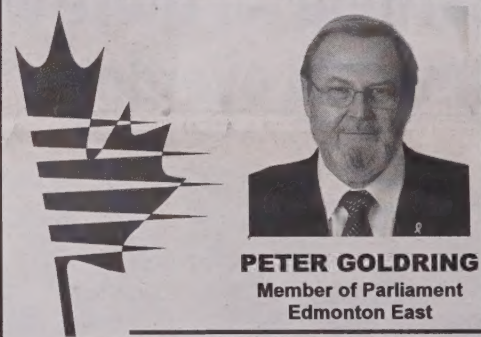
Dad was very proud of my sister and I when he overheard one of the crew say, "Those Norgaard girls can work just like a man." Although we were both tall and slender, we had our father's big shoulders and we were pretty strong. At dinner time the crew would come in from the fields and wash themselves in the icy cold water from the pump in the yard. Mom served mountains of mashed potatoes, fried

hamburger, lots of vegetables, and apple pies. She always prepared lots of food; she knew how much a hungry working man could eat. Then there was the mountain of dishes washed by hand in a metal basin with water heated on the wood stove.

In time, most of the farmers turned to combines to harvest the crops so Dad bought an old threshing machine of his own. To run it, he also bought an old John Deer tractor with a springy metal seat and huge lugs on the wheels. I remember the day we bought it at a farm about 15 miles away. I was too young to drive the car, but I had been driving our small farm tractor for years so I drove that giant tractor home. The huge metal lugs dug holes in the gravel road and made it hard to steer, but with the bravado of youth I made it home safely. I don't think that I

would be brave enough to drive that huge thing now! With our own threshing machine, harvest time became much slower and more relaxed. I would control the tractor that moved the huge black belt that ran the threshing machine. Dad never let my sister and I throw the bundles from the hay rack into the machine as that could be dangerous if one ever slipped.

To prepare for the snowy winter to come, Dad and my brother chopped lots of wood and Dad bought loads of coal from the coal mine near Warburg. The fires burned out during the night and the house would be icy cold in the morning. Our bedroom window would have a layer of icy frost on it that formed in pretty, lacy patterns. We were well prepared for winter and so thankful for the bountiful harvest that the farm had provided.



PETER GOLDRING
Member of Parliament
Edmonton East

A LEGACY OF HOPE

Thirty-four years ago, on April 12, 1980, 21-year-old Terry Fox started out on his "Marathon of Hope" – a cross-Canada run to raise awareness and money for cancer research. A cancer survivor himself, the amputee runner was keenly aware of the need for more in the battle against the disease.

Terry was forced to abandon his trek when the cancer returned, having run well over 140 days and 5,000 kilometres from St. John's, Newfoundland to Thunder Bay, Ontario.

I have a particular memory of Terry Fox. In 1980, my wife Lorraine, daughter Corinna and I were travelling by car from Edmonton to Toronto, and passed Terry on the northern Ontario highway. Shortly after we passed, my cousin Janet's husband, a doctor in Thunder Bay, was called out to examine him. It was he who confirmed that the cancer had returned and the run was over. At the time his wife, my cousin, in Thunder Bay was also in cancer's insidious grasp and later succumbed.

A telethon held after Terry was forced to abandon his run raised \$10 million for cancer research. Before his June 1981 death, donations had passed the \$23 million target. The first Terry Fox Run, in September 1981, was held as a memorial. In the years since, thousands have participated across Canada and around the world, raising almost \$500 million for cancer research, bringing Terry's dream of a cure for cancer closer.

Terry had that Canadian spirit of perseverance, of determination and dedication that is a mark of many successful people in this country. Canadians dream big, aim for lofty goals and work hard to achieve them.

Terry Fox showed that what sometimes seems impossible can be achieved with determination and effort. A monument of Terry on Parliament Hill attests to his courage and is an inspiration to us all.

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MEET THE NEW STAFF AT ASN

By Linda Dumont

Rob Cooper

Distribution



No more hit or miss depending on whether Linda Dumont is at home for Alberta Street News vendors picking up their papers before a days work. Rob Cooper now does double duty as building manager and as distributor for Alberta Street News from his office at MacDonald Lofts.

Cooper has been working at Macdonald Lofts for almost four years. Cooper said, "I was a steelworker and they closed the plant due to the Anthony Henday expansion. I didn't want to move to Lloydminster to another plant. I lived in one of Dave's (Martyshuk) houses when he catered to working men and women. I started doing part time security at nights, and worked at the plant by day. When the plant closed down, I came to here. I've been working with the homeless ever since."

Cooper enjoys his work and living close to his work in the inner city. He said, "It gives me a feeling of fulfillment when I can help someone here. I'm a bit of everything – marriage councillor, councillor, shrink... I can walk anywhere and they greet me 'Hey Rob, how's it going?'. It's like a small community."

"I take my bike to work past the Boyle Street Co-op. Everyone greets me. I treat everyone with respect and I get respect. I don't talk down to them – they're just every day people."

Cooper said he is looking forward to working with the vendors. "It will be quite a little challenge."

Vendors can pick up their papers from 9 to 3:30 Monday to Friday at the office at MacDonald Lofts at 10124-105 Avenue,

Melissa O'Keefe

Management, Sales and Advertising



Melissa O'Keefe has taken on the management of Alberta Street News, overseeing sales, advertising, and management of all aspects of the paper. O'Keefe says, "I was homeless myself largely through drug addiction – I burned bridges with family members and was homeless for a month and a half. I was unemployable – people looked at me differently –

"I am now six years clean. It took was just one person to give me a chance to change, and that was me. The weekend of Sept. 2, 2008 I went out a binge and after that I was done. I didn't want to die, I wanted to live!"

O'keefe was born and raised in Edmonton, and went to school here. She has a diploma in journalism from Grant MacEwan College and experience in sales and advertising.

She said, "Now I just want to give back – these people (homeless) are human, they deserve a chance. We need to prove to the world that they are still human, not to ignore them."

My goal is to give the people a voice. I feel something inside me – I want the world to know about us and what we do, to get our vendors recognized as working people – to be able to say - 'this is how I sustain myself. I bought this paper with my own money and I am selling it to you."

O'Keefe has a lot of ideas she is eager to put into place, both in advertising and in vendor management and vendor appreciation.

Rosie Kuntz

Operations Manager, Martyshuk Housing



Rosie Kuntz joined Martyshuk housing a year ago in the position of Chief Operations Manager for Martyshuk Housing and Homeward Bound Support Services and now Alberta Street News. Kuntz oversees fundraising and anything to do with employees, expansion and making sure everything runs smoothly.

Homeward Bound was set up by Martyshuk Housing to raise money to bring in supports, such as addictions councillors, for their tenants. She sees Alberta Street News as another avenue through which to raise money through sale of advertising.

"The paper will provide employment for some of our tenants and for those who are on the street. It is also a bridge for us – we may be able to find them a place to live."

Prior to coming to work with Martyshuk housing, Kuntz worked in the oil patch doing safety for 16 years. "I was at a crossroads," she said, "I needed to do something different. My cousin Dwayne lost his battle with addictions – he was Dave's brother – and Dave (Martyshuk) brought me in to work with him."

"My parents were always giving handouts. I learned from an early age if someone is down, you give."

Kuntz has had her own struggles with addictions, losing her parents and going through a divorce. She has two sons, 12 and 14 years old.

"I could have been homeless but through the grace of God and the support of others I got through it. Now others have somewhere to turn because they've got me to give them a hand," she said.

STAFF CONTINUING WITH ASN

By Linda Dumont

Linda Dumont

Editor of Alberta Street News

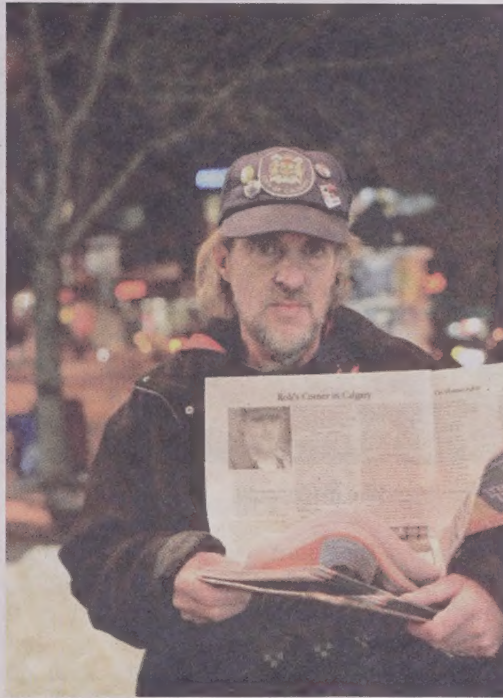


The founder of Alberta Street News, Linda Dumont has worked for almost 11 years as managing editor. Now with the paper under new management, she will continue in her role as editor of the paper. She will still work from her home, and stories and photographs will be sent to her for consideration for publication.

Dumont has a diploma in journalism from Grant MacEwan College. She has been writing for publications since 1980 and began writing in street newspapers when she became a vendor in 1993. To learn more about publishing and editing a street paper, she attended street newspaper conferences in cities across the United States and Canada including San Francisco, Denver, Portland, Boston, and Chicago as well as Edmonton, Montreal, Quebec City, and Sydney, Nova Scotia.

Robert Champion

Satellite Distributor, Calgary



Robert Champion brought Alberta Street News to Calgary in 2010, and got in touch with other former Calgary Street Talk vendors who needed a paper to sell after the Calgary paper folded. Papers for Champion and four other vendors are mailed out to him on a monthly basis.

He receives a small discount on the price of the papers in exchange for distribution to four other Calgary vendors. In addition to the vendors that Champion supplies, there are two other Calgary vendors, who refuse to get their papers from him for personal reasons.

Angelique Branston

Satellite Distributor, Edmonton



Angelique Branston is an Alberta Street News vendor who works at the Strathcona Farmers' Market in Edmonton.

The market and Whyte Avenue area are so busy that vendors need to be able to get more papers while out selling on Saturday when the office is closed. Branston brings papers to sell to the other vendors as well as her own papers to sell to the customers at the market. She receives a small discount on the papers to exchange for distribution.

ADVERTISING OPPORTUNITY

If you would like to advertise with us for an ad this size contact:

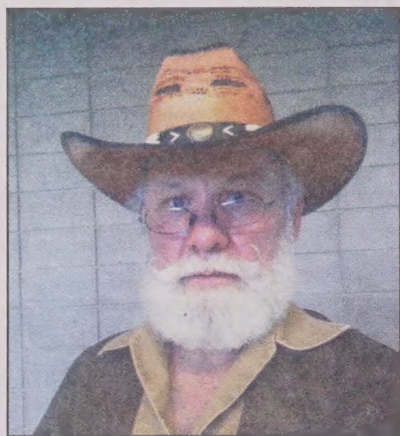
Melissa O'Keefe at 780 399-6788

Melissa@martyshukhousing.ca

Deadline for advertisements and submissions for the next issue is October 15, 2014



A RORY STORY



Rory Gaudon

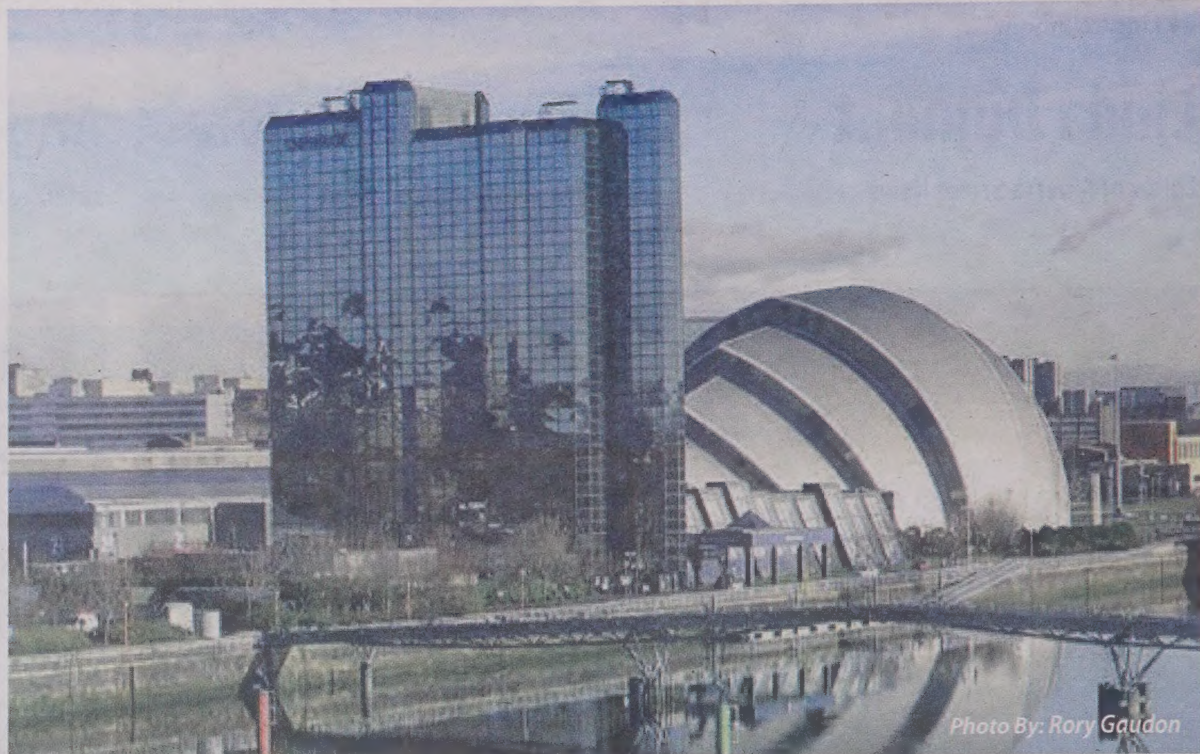
My Journey To Glasgow

By Rory Gaudon

I finally finished packing up the items required for my journey to Glasgow, Scotland. It was time to go to Calgary airport. Arriving 3 and 1/2 hours early, around 9:30 p.m. in case I had to clear customs, I patiently waited for my flight to Montreal. There was a lot of adrenalin flowing because of the unknown factor. What was it going to be like traveling thousands of miles, in fact almost half way around our planet Earth, to another country? This was my first official visit for a work related business conferences and a vacation in the United Kingdom.

At 1:10 am, August 11, my flight ascended eastward bound. Suddenly I was hit with a wave of paranoia; my information sheets, in reference to the conference and addresses were sitting on top of my desk at my temporary place of residence "The Center of Hope". (Yes I'm homeless due to moving out of a slum lord's house, after paying rent for a complete year and the place only got worse. But that is another story, to write about someday in my roller coaster ride of ups and downs through life.) Then a pleasant thought came to me, I remembered the hotel's name - The Crown Plaza that was going to be my home base for 10 nights and nine full days - with a sigh of relief.

After I had watched several movies, the plane finally arrived at the airport. The time clock went ahead 2 hours for me. At around 7:30 a.m. most of the passengers including me proceeded to U.S.A. Customs. The officer asked me to fill out a questionnaire. Checking over my passport, she sent me on my way to the loading gate. At 9:45 a.m. I was airborne for Newark also



Crown Plaza and the Armado in Glasgow.

known as New Jersey. The flight was short and the time zone did not change. Just before landing the lady next to me pointed out the landscape as I gazed out of the window. To my left was all of Manhattan, the Statue of Liberty and The Bridge that linked Long Island to New York City. It was amazing because I only saw this on TV shows, movies, and the news stations. It's a great feeling to be able to say and know I had just seen in person all of these great structures of past and present.

Finally landing at terminal A, I cleared customs once again. Most of us passengers proceeded off to find our designated loading gates. It was not long before some of the helpful staff at the airport directed me to the light rail train station that was provided by the airport for visitors and workers. A few of us ventured off to Terminal C. Once again New York was in the horizon. We were viewing its structure's through the rail cars window, several miles away. It was still hard to believe I was right beside the Big Apple. What an excellent Light Rail System Newark has to transport everyone, from all 3 terminals in its Airport. There was a 6 hour stop over for me from New Jersey to Glasgow Airport, Scotland. Immediately seeking out the concession booths for breakfast, I chose a taco stand. My bag of American coins came out. Saving these coins meant no loss of funds on the exchange rate. As the day lingered on, most of my time was spent visiting the concession booths, fast food stands and trying to locate information about the airport's or city's history. When it

was time for me to continue on, I found out my flight was changed to another gate on the other side of terminal C. United called a driver and a small golf cart pulled up transporting several of us passengers' to the right flight gate. New Jersey's Airport is huge. Our courtesy ride for the change in gates saved us from walking about a half of a mile. Fatigue was catching up with me. Now it was time to fly off to my final destination.

The Flight Center at Bankers Hall in Calgary booked my flight with Air Canada, which also used United Airlines services. After takeoff we were served a chicken parmesan dinner and continuously served refreshments throughout the flight, with another meal at the end of the flight - a ham and cheese croissant. After watching three movies and suffering from lack of sleep, we were closing in on our destination.

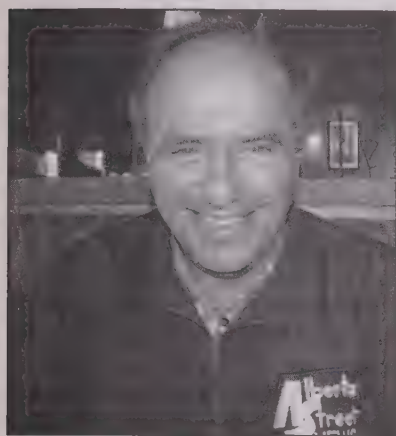
Still flying high above the airport, in amongst the clouds, I noticed thick patches of fog with really green scenery below. I had been previously informed that the weather would be around 18 to 19 degrees Celsius and possible as low as 12 degrees with signs of rain. Zoe's information sheet was an excellent source of advice. She even suggested to bring a rain coat or umbrella. My first thoughts were hopefully this weather will turn into nine days of sunshine. As the plane landed it was cloudy with a little bit of drizzle. The outside of the airport was extremely small to me.

Scotland

Excited about being in the Scotland for the first time of my life, I realized it was time to clear customs and head for the conference. My goal was to get to the Crown Hotel, and check in. There was a city bus outside the terminal for 4 pounds 60 pence. I caught it with the hope it would get me close to my destination. We drove on the highway for 20 minutes, entering the city. It was spectacular with old and modern buildings. I was feeling lost getting off where the driver told me was best. The citizens in Glasgow were friendly and pointed me in the right direction. I preferred to walk, because too many times in my life cabby's took advantage of me for not knowing, where I was going.

First bit of advice - stroll down to the Clyde River's Waterfront, turn right along the pathway to my hotel. As I walked in amongst the wind and rain, the sites of the old and modern structures were amazing and spectacular. As I journeyed into the newest part of the city, my first noticeable landmark was the Arch Crossing the Clyde, and off in the distance the BBC building with the Glasgow Science Center further down and the world's largest Tower. To the right was the newly built Clyde Auditorium nicknamed by the citizens the Armado. As I passed by that building, there stood the Crown Plaza Hotel. Entering and checking in, I paid for my five days extension to explore Scotland.

2nd Annual Parkinson's Flexxair Step and Stride Run and Walk raises money for programs, services and research



By John Zapantis

Edmonton's public was out to witness a killer being put on trial for taking the lives of innocent people, but this killer wasn't being tried in a criminal court of law. It was actually the killer disease Parkinson's, a chronic and progressive movement disorder. Several speakers gave their greeting and spoke about this disorder at a stage presentation that kicked off the 2nd annual Parkinson's Flexxair Step and Stride run and walk.

The fundraising run and walk was hosted and organized by the Parkinson's Society of Alberta. The event took place at 10 a.m. on Saturday September 6th at Rundle Park in Edmonton. The popular event started off with a greeting from prominent members of the Edmonton community. CTV television's very own Graham Neil was this year's MC, introducing various speakers, who either gave their greetings or insights on Parkinson's.

The various speakers included Alberta interim Premier Dave Hancock, Parkinson's Society of Alberta CEO John Petryshen and Parkinson's Society of Alberta board member and Parkinson's survivor Cliff Burns.

Premier Hancock said, "Thank you so much. It's an honor and a privilege to be here as part of the Mega Millions Team, but to be here with all of you, because after all, we take so much for granted in our lives. We take for granted that we can do the things we want to do. We can be in the places we want to be. We don't always see how different it can be sometimes when you have an affliction, or something that gets in the way of that and all of us here probably either know somebody, who has Parkinson's, or have it ourselves. So we understand that Parkinson's can get into the way of a good quality of life. Can get in the way of the normal everyday things that we get to do. Thank you for being here. Thank you for bringing a little



The 2nd annual Parkinson's Flexxair Step and Stride run and walk fundraiser brought out Parkinson's survivors Cliff Burns and Trish Clark, who came out to give their generous support to the cause.

bit more focus to this particular health condition and raising a few funds so the organization can help a few people with Parkinson's and that we can strive even harder to find ways, not only to help people who have it, but to defeat it. Thank you for being here."

Once the stage greetings were complete, World Health's Dwayne Ellis led a warm-up exercise to prepare the runners and walkers for their 10 kilometre, 5 kilometre run and walkers for their 5 kilometre, 3 kilometre and 1 kilometre walk routes around Rundle Park. The run and walk started at around 10:30 a.m.

Cliff Burns, aged 58, was once an EPS police officer. His 26 year career on the force came to an abrupt end, when he was diagnosed for Parkinson's in his early forties, and he had to go onto a disability pension. In an interview with ASN, just before the start-off for his fundraising walk, Burns elaborated on his experiences with Parkinson's. It began when he discovered some unexpected physical problems that interfered with abilities to run while on his routine jog around town. Burns said, "I was a runner and I ran out of steam. I didn't have the energy to keep going. My muscles were really super tight and stiff all the time. Then the shoulder started ticking on me."

He then realized that the problems experienced, were similar to his mother's symptoms of Parkinson's. This encouraged him to see a doctor to find out if that was the major problem. A battery of tests were taken to determine if he was indeed experiencing the multitude of physical symptoms that confirm Parkinson's.

It took a medical specialist about two years to find out what his medical issue was. At first the specialist speculated that it could be MS. Other tests confirmed Burns positive for Dystonia. Dystonia falls under the Parkinson's family and consists of a variation of erratic out of control bodily functions.

Burns said, "Dystonia is where your system, your muscles are tight all the time. It twists you into weird shapes and causes all sorts of jumping and ticking. It turns out that I had Parkinson's with some Dystonia symptoms."

Despite the obstacle course that Dystonia has created for Cliff, he still runs to this day and refuses to allow his Dystonia to get in the way of his daily workout routine. Burns said, "I can still run, be fairly active. There's just a big problem with endurance and with, I guess, vitality would be the word I use."

Burns will admit living with Dystonia is physically exhausting. when trying his best these days to finish his 5 kilometre run everyday. Burns said, "If I put in a hard day, or a big day, I'm basically useless for the next two or three days."

He knows in order to live with Dystonia, exercise is essential to keep his physical health from worsening more quickly and adding to his years. Burns said, "You try to limit what you're doing. So you never really quit exercise with Parkinson's. Continual mental and physical exercise is very important."

He takes a medication called, Carbidopa/Levodopa that helps stabilize the progression of his Dystonia.

Burns said, "The cause of Parkinson's is your brain has stopped producing dopamine. By the time the symptoms show

up, you have 20% left of your dopamine producing cells so there's no going back. It's like a forest of dominos start falling. You can not stop them from falling. There are things that you can do to try to slow down the progression, but it's no sure thing. It's highly unique and individual. There are so many different variations of the symptoms of Parkinson's. So the artificial dopamine, the Carbidopa/Levodopa, just gives you an extra jolt of that dopamine that you're missing. That can be a bit of a problem, because it can come as a jolt, or not at all enough regulating medication."

Burns said, "The initial symptoms of Parkinson's started to show up when I was in my early forties. For Parkinson's, I called it the 'Freedom 45 Plan'. I was 45 when I quit working. Stress is one of the things for Parkinson's. Stress plays, for whatever the reason, a big role in causing symptoms to come out. So by leaving work, it took a lot of stress off. With Parkinson's you have to manage that stress and the anxiety side of things to try to keep your day somewhat normal."

The former police officer has experienced an array of hurdles in his careers as both a farm hand and then later a police officer. He's not quite certain if the Parkinson's that he lives with is related to the injuries he's received on numerous occasions while working those jobs. Burns said, "I've had three or four major concussions through my lifetime related to work and farming. I've been exposed as a kid to lead and DDT. I've been exposed to Benzines from being around farm fuel. There's no way of knowing what caused Parkinson's or why. I'm the oldest of six. I've got five siblings that don't have Parkinson's, but then again my mom did. Within a mile of where I live, the farmer that I worked for was diagnosed for Parkinson's six years ago. So it's really unknown."

Despite his long-term battle, this courageous and determined man isn't about to give up his fight with the disorder. Burns said, "In spite of Parkinson's, life can be good. I don't look upon myself as somebody with Parkinson's. I'm a grandpa. I'm a dad. I'm a husband and a brother. I have plans for the future. In living with Parkinson's we get through it."

This year's run and walk was again a big success with 368 runners and walkers that raised over \$95,000 in pledges. Money raised from the event will go to support the Parkinson's Society of Alberta's various programs, services and research.

The Politics of Hunger

By Timothy Wild

The decision of the Parkdale Food Centre in Ottawa to not accept donations of certain foods, including Kraft Dinner, has aroused a lot of interest and comment around dinner tables, water coolers and websites. First there have been arguments, both pro and con, on the merits and taste of Kraft Dinner itself; I must admit that I fall into the pro category on this one as an occasional comfort food! But, secondly and more importantly, there has been more passionate debate (particularly in the comments sections following these media stories) on the basic nature of charity and, essentially, the “rights” and place of supplicants. For the most part, people have taken a rugged individualist approach and have commented that others shouldn’t look a “gift horse in the mouth” as one person put it. Apparently, the point being that the recipients of food bank support should be happy with, and grateful for, what they receive, and that regardless of variety and nutritional content it helps counter their immediate hunger. I suppose that is to be expected, as it reflects the prevailing power dynamics of social responses based in charity as opposed to justice; perhaps being culturally grounded in the Elizabethan poor law notions of minimum social provision?

Yes, at some level, it is true that the contents of the food hampers

meet that immediate need. There will be food on the table tonight. It is also true that the various food banks try as much as possible to provide a healthy, nutritional and balanced diet through both the hampers and gift certificates. The workers and volunteers at the food banks across the country are not the problem. They are doing their level best and are attempting to address a very basic and extremely pressing social need. However, it all still comes back to the point that with the institutionalization of food banks we have opted to provide a charitable response to people’s basic needs, rather than developing public policies and supports to foster greater autonomy and choice. Food banks let government off the hook in terms of food security, and this should be unacceptable.

And, let’s face it, food insecurity is a massive issue, both locally and globally. One of the ways that the Romans were able to maintain control over their massive empire was through the use of bread and circuses; the provision of cheap food and entertainment. Sound familiar? This also goes to extremes as can be seen in attempts to have ketchup considered as a vegetable. Sigh! However, our right to food is under attack. I would suggest that in addition to assaults on the individual food rights of people, we are facing an equally dangerous threat from the control of big business over our collective food sources, particularly in terms of genetically modified crops and the commodification of seeds.

A few years ago, I spent some time at the Kasisi Agricultural Training Centre (KATC) just outside of Lusaka, Zambia. The

Centre trains farmers from across the country in the techniques of organic farming, which essentially resulted in less capital input and higher crop yields for the farmers (many of them women) and their families. For example, the farmers use “open-pollinated varieties” (OPV) of corn, which in addition to higher crop yield allows the farmer to reap seeds for the next harvest, rather than having to buy new seed on an annual basis. All of this has significant benefits. According to Brother Paul Desmarais, SJ, the director, KATC ‘has produced a 10 ton crop of corn per hectare using organic production methods and an OPV corn variety...the average national corn yield in Zambia is about 1.2 tons per hectare.”

KATC has been at the forefront of the promotion of organic farming in both Zambia and surrounding countries, and in providing a convincing case against the use of genetically modified crops. However, this element of food security and autonomy is also under threat by multinational corporations who want to place restrictions on the “unregulated” use of seed, as was highlighted in a recent article in the Mission News of the Canadian Jesuits International. As noted by Desmarais “multinational seed companies want seed harmonization because they are in the business of making a profit for their stakeholders. They are not in the business of ensuring food security. The global commercial seed market currently stands at \$34 billion annually”. He suggests, perhaps with a sense of considerable understatement, that this is “very dangerous”. When it comes down to it when something as basic as seed is subject to profit and control by big business, we are all in trouble.

Now, there have been victories in the area of food security and local control. Obviously, KATC is one example. I can’t speak highly enough of their work. Furthermore, some beekeepers in Yucatan Mexico have also been successful against the attempt of Monsanto to plant genetically modified soybeans in the country. The beekeepers argued to the court that the GMO crops would have a negative impact on overall pollen production. And we all know the importance of bees and pollination to global well-being. As the late great Joe Strummer sang, “If you’re after getting the honey...then you don’t go killing all the bees”. We need diversity in our food stock – not simply serving as a means for profit! A simple point to be sure, but we must to fight to maintain it.

At root, when it comes to food it is all local and global. In this month of thanksgiving and attention to the harvest, I think it is important that we think about both the food we have and also the food insecurity experienced by many of our brothers and sisters both in Alberta and globally. People deserve food in all its nutritional and wonderful variety. We need the colours, scents and tastes of food. This is essential to our creation of inclusive communities. However, once again like most of our social problems, food insecurity is the result of short-sighted political choices. It is patently obvious that there is enough food for all. Every person in the world could have a varied and healthy diet, developed from a sustainable and autonomous perspective. That is a fact. We just have to develop policies and programmes that result in the predictable and ongoing delivery of food for all.

Meals & Food Resources in Calgary

Drop-In Centre 1, 4th Avenue SE All clients of The DI may access meal services. Meals and snacks are provided at no charge to anyone in need. Food service is offered on the 2nd Floor daily, 365 days a year. Clients who are unable to attend regular meal service due to work or school commitments, or other verifiable appointments can receive a bagged lunch. Bagged lunches can be arranged by request to any staff person, or through the Day Office located on the 2nd Floor. Meal Schedules Breakfast -7:00 a.m. Snack - 9:30 a.m. Lunch - 12:00 p.m. Snack-3:30 p.m. Dinner- 6:00 p.m Center of Hope 420_9th Avenue SE Free for clients Open to public for small charge Breakfast: \$2.50 Lunch: \$3.00 Dinner: \$4.50 Emergency Meals (24 & Under) EXIT Community Outreach 117-7th Avenue SW, Calgary 403-262-9953 Sunday 1 :00 pm -5:00p.m.	Emergency Meals - Youth EXIT Youth Shelter 11216 Ave NE, Calgary 7 days/week - 4:00 pm - 9:00 p.m. Community Supports Streetlight - Youth for Christ Parks at 10th ave & 1 st Street SE Monday & Thursday Emergency Meals Alex Community Health Centre Unit 101,1318 Centre Street NE 403-266-2622 Thursdays Only -10:30 a.m. Food Bank Calgary Inter-Faith Food Bank 403-253-2055 Food Hamper NeighbourLink Calgary 403-209-1930 Food Bank Calgary Inter-Faith Food Bank 403-253-2059 Food Bank Calgary Poppy Fund and Veterans Food Bank Monday - Friday 10:00 am - 3:00 pm	Food Bank Muslim Families Network Society: Halal Food 403-466-6367 www.MuslimFamiliesNetwork.com Food Hamper St. Edmund's Anglican Church 8336-34th Ave NW Monday & Thursday 09:00 am - 12:00 Noon Community Meals Inn from the Cold 403-263-8384 Emergency Food CUPS (Calgary Urban Project Society) 128-7th Avenue SE Food Hamper & Meals Feed the Hungry, St. Mary's Cathedral Sunday Dinner 3:30 pm - 5:00 p.m. Meals on the street outside City Hall Calgary Street Church Monday - 6:00pm, Wednesday11:00a.m. Friday - 6:00pm Sunday, 1:00 p.m.
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Strongholds cause problems in our lives



By Maria B

To recognize the strongholds that manipulate our mind, we must have an open mind and be true to ourselves. A stronghold is an incorrect thinking pattern that has moulded itself into our way of thinking. These strongholds have the capability to affect our feelings, how we respond to various situations in life, and they play a large role in our spiritual freedom.

Where do strongholds come from? - Strongholds are built upon deception and error. These errors and deceptions, which form strongholds, can come from a wide variety of sources, including our environment, those around us, our parents, other people.

How do you tear down strongholds? - Since strongholds are built upon error and falsehood, it is through the truth that you tear down such faulty thinking patterns. Strongholds are built when we accept and receive error and begin to allow our anger to take a hold in our heart through resentments and wishing for paybacks. They form in our mind what is known as a imagination, that is, a false concept that we believe to be true, but in reality is not. Strongholds are when we allow all the anger that we feel toward others to become the kind of powerful river that tears everything in its way of destruction, we become run by the feelings of anger and we allow it to destroy even the people that we love the most.

Angry feelings are part of being a human being but allowing our anger take control of our actions becomes a stronghold in our life that will cause chaos not just for us but for the people that are in our life. But when we allow our anger patterns to take a hold of our every day actions instead of using the kind of skills that will create peace in our lives: problem solving, emotional stress regulation and conflict management. And while we have never learned these skills

that are of great importance, we can allow gratefulness, kindness a positive attitude to create harmony between ourselves and others. It is our responsibility to watch for dysfunctional copying systems that cause anger in our lives and put others in a defense state. We have two choices, we can either hold and nurture negative feelings and expect the worst of everyone or we take the choice to see others as deserving the same respect that we want for ourselves. We must learn how to handle emotional distress and then we can help in this respect because we have to be completely honest with ourselves.

Aggression

Aggression is learned behaviour. Children raised in families with above average in rates of violence are at greater risk for being physically aggressive toward their romantic partners. Violence is passed down through the generations. Parental physical punishment of the adolescent has been associated with later dating violence. Increased risk for overall antisocial behaviour in general increases risk for aggression toward a romantic partner. Children, who aggressively fight with their siblings, can carry this destructive fighting pattern over to their adult years.

Parents who discipline their children by emphasizing positive interactions and inhibiting negative behaviours promote skills in conflict management. Parents who do not monitor their children's behaviour or give inconsistent discipline create children who do not have the social skills to succeed in happy relationships. Achieving emotional intimacy is a necessary developmental task of young adults. Close social ties promote personal well being. The failure to establish or maintain positive relationships sets up physical and emotional distress in the individual.

Self indulgent anger

The energy of self-indulgent anger is contagious just like a nasty virus. It can infect your family though one member and be passed on to the others. Each person is affected by the anger in their social system and acts it out in their own unique way, whether they cower in silence with resentment or act out their anger on others.

Children learn this survival

mode of reactive stress and hyper alertness when they are traumatized. Anger can become an automatic response and a protective mechanism, which "revs" up the body to deal with threat or perceived threat. Even when there is no emergency, the person can go into full activation of anger and become ready to fight.

Children from angry families most often pick up anxiety, frustration and agitation that flavour how they see life. The research on Post Traumatic Stress Disorder shows that early trauma in life interferes with the ability to regulate emotion, which then leads to excessive anger, fear and rage. This inability to deal with frustration and anxiety can lead to extreme out bursts of aggression. Or it can surface as icy cold hostility as a means of controlling other using looks of disgust to convey displeasure.

Most adult anger is about expectations and values not being met. We build up strong belief systems of how things should be or should not be and then expect others to behave in ways that we deem best. Expectations can be realistic (I expect you to be faithful to me in marriage) or unrealistic (I expect you to keep a perfect house all the time. I expect you to let me indulge in my addictions such as alcohol or shopping.) The shoulds are the irrational ways we make our selves and others crazy insisting that small, insubstantial things be our way.

Becoming a perfectionist with no room for errors

Perfectionists usually have a big list of shoulds that they try to impose on their mates and children. Perfectionists are usually made so by their parents. People who had critical, perfectionist parents learn to be judgmental themselves. They often become angry when their own needs are not met.

Easily provoked

Some people are easily provoked and have a hot-headed temperament, yet they take responsibility for their responses to irritation. They live with a high level of inner frustration but try to keep their aggravation under control. They accept their overly emotional temperament and take responsibility for dealing with it. They learn techniques to deal with the cues and triggers that bring up the inner arousal that will quickly

turn to anger.

Personal awareness

Courageous men and women choose to learn to be different from their own angry parents. They stop denying that their anger causes problems for others. They take responsibility for their unjust actions. They experience a significant boost in self-esteem when they admit their wrongdoing and seek other ways of dealing with their anger. Their spouses and children are extremely thankful to them for taking the important step of deciding to grow and learn anger management techniques. They learn and practice following healthy ways to deal with their aggressive impulses. As they grow in maturity and loving kindness, they become role models for others in their family.

Healthy ways to deal with anger

It is better if both partners in a relationship where there is anger are willing to acknowledge their own dysfunctional coping patterns and make the necessary changes in how they deal with conflict. Once learned, these skills are a positive investment that will serve the entire family. If your partner refuses to learn and grow, focus on yourself.

Some people who are typically angry believe they have the right to vent their frustrations. This self-indulgent attitude is entitlement and is a form of self-righteousness. Outbursts of anger do not solve the underlying feelings of threat, fear and sense of betrayal, which are hiding under the anger in the person. Angry people block vulnerable feelings such as hurt, sadness, guilt and vulnerability. The emotions have to go somewhere so they turn up as anger. Anger becomes the substitute emotion for the others that are not allowed and this becomes a stronghold.

We do not have the power to change others but we have the power to change ourselves.



ROB'S CORNER



By Robert Champion

Best friends are hard to find

Life is so short, too short. Odd your best friends are hard to find. When you find them do your best to keep them. They don't come along very often. Treat them with respect and understanding. Don't spread rumours about them. Don't try and buy their friendship. Share your interests with them. Hang out with them, go for a meal, coffee or a drink with them once in a while. Be the best friend to them that you possible can be. Be a good listener. Be there for them when they are going through bad time. Share your good times with them, your stories and your fond memories with them. Send or give them a card on special occasions like at Christmas or birthdays.

Summer of 2014

Left for Vancouver July 14 Had a great summer. Got to go to Vancouver for the first time in about 11 years this past July. Got to stay with a friend in her apartment overlooking downtown Vancouver from the 8th floor down by False Creek in the heart of downtown. Got to go to Gastown, a famous tourist attraction. Picked up some souvenirs, brought them back and gave them out to some of my friends, post cards and key chains. Got to ride the sky train, a driverless light rail train. Pretty cool! A friend of mine, Susan, took me out for Chinese. Took Sue and Charlene, the one I stayed with, out for meals and drinks at a couple of local bars along Granville Street in downtown Vancouver. Rode on a trolley bus. Time went by pretty fast. I was only there for five days. Took the Greyhound - \$152 return booked two weeks in advance. Had a great time and a great trip. Was happy to get back to Calgary, to get back to riding my bike. Made some new friends here in Calgary over the summer. Did a lot of bike riding. Hung out with friends, had coffee and beers with them.

Made some new friends. Met up with friends for some beers at one of my favourite bars, the Nelson Bar and Grill on 8th Avenue SW downtown. The staff are great there. Did a lot of bike riding, my main mode of transportation. Won a Stamps jersey at Fats Bar and Grill during the labour Day Classic, Edmonton Eskimos versus the Calgary Stampedes. First Stamps jersey that I ever had. It was a great time.

Still hurts

Just two years this past August 24 that my common law wife of 35 years passed away. The pain of missing her has diminished somewhat but it still hurts. She was very sick the last three years of her life, but she was a fighter. Don't think I'll ever completely get over her. Lorna and I met in New Westminster, B.C. January 30th 1877. I had just turned 26 years old, she had just turned 19 Dec. 30th. It was love at first sight. She was from north Delta BC. We had one daughter together, Lori Anne, born November, 1977 at the Royal Columbian hospital in New Westminster, B.C. I gave her my last name, Champion. I had to adopt her because we weren't married legally. We moved to Calgary in September, 1979. My friend, Roy, moved us here in his small van.

Rob's say for the day

Be the best that you can be to anyone you meet. Make friends not enemies. Friends are what make this world a better place for all. Be the best that you can be for yourself. Be a true and honest person. Be kind an understanding to others including strangers no matter who or where they are from. There should be less hate and more love in the world. Don't be afraid to express your feelings. Remember its not so much what you say as it is how you say it, or the way you say it. Be honest and sincere. Avoid hurting someone's feelings, like a family member, friend or someone special in your life. Be caring and understanding. Keep an open mind. Avoid fighting or arguing. Words can be helpful or hurtful. Avoid being hurtful at all costs.



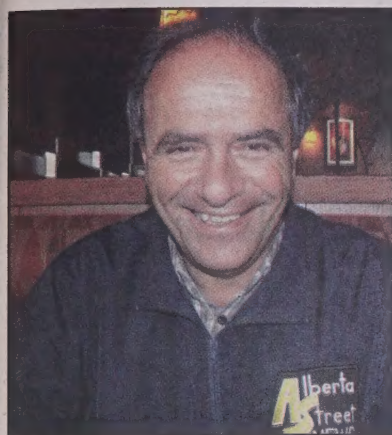
POETRY

Burning in Heaven

By Corey Edwards

Will we burn in heaven like we do down here?
Sarah McLachlan's question echoes in my ear,
I sip my beer in an effort to calm my pain,
As her question runs laps around the track of my brain,
I have asked myself this question many a time,
While I was on the verge of committing the worst crime,
No nickel plated nine, all I had was pills and rope,
'Cause sometimes my frail mind was unable to cope,
I blew tobacco smoke while I meditated on this question,
If the truth must be told it's a good source of reflection,
Heaven's supposed to be perfection, pain should be gone,
Paradise should appear like midnight versus dawn,
But even in midday there are places that light does not reach,
Blessings may fall from heaven but not upon each,
Exactly what do I wish to teach: do I have a point?
Or are my thoughts like a leg that's been broken at the joint?
Painful and dysfunctional, a victim of a blow,
Or in my case is it blows? Truth be told..... I don't know.
If the truth must be told I think this question helped me,
Otherwise I'd be thinking that in the grave I'd be free,
I never stopped to think that my soul would always be,
That maybe God would see my actions and not agree,
That maybe even in heaven suffering would exist,
The thought is quite strange and continues to persist,
Even though Christians say nay, their faces filled with dismay,
In heaven the sky is always blue and never gray,
The wolf sleeps with the lamb, the goats and tigers play,
They're so passionately convinced I'm like "O.K., O.K....."
But what weighs on my heart are the thoughts of a cynic,
If God was a work of art then I am His worst critic,
I feel like I'm being pulled under by the undertow,
Maybe I am simply reaping that which I sow,
I never did blow, but to prison, yes, I did go,
Much to my father's dismay I went to and fro,
Sometimes I don't feel good; sometimes my feet feel sore,
Sometimes I swear I don't want to do this anymore,
Sometimes I feel that my good qualities are hopelessly few,
Sometimes I feel that leaving is the most honourable thing I can do,
Life is a meat I have to chew but sometimes I get tired,
A strong and lasting peace is that which is desired,
Sometimes I don't do anything for days on end,
And avoid phone calls from all of my close friends,
What am I going to do? Drag them down too?
As if they haven't got enough to deal with good times are few,
I won't lie sometimes I leak: by that I mean speak,
My peoples show me love even though they know I'm a freak,
So late nights, I lie on my couch and see things clear,
And wonder if we'll burn in heaven like we do down here.

2nd Annual Hockey Helps the Homeless raises money for Jasper Place Health and Wellness Centre



By John Zapanis



Photo By: Theresa Walsh Cooke

Former Edmonton Oiler Mike Krushelnyski, HHTH media relations representative Jayne Bawden and Private Patrick Barre came out to the Hockey Helps the Homeless fundraising tournament.

The 2nd annual Hockey Helps The Homeless fantasy fundraising hockey tournament encouraged both men and women to live out their dreams playing alongside and against former Edmonton Oilers alumni and Olympic female hockey players. The annual fund raising event was hosted on Friday, September 5th by Freedom 55 Financial at the Terwillegar Community Recreation Centre in Edmonton.

Former Edmonton Oilers alumni encouraged participants to come out and play in this tournament, including former Oilers Mike Krushelnyski, Franando Pisani, Marty McSorley, Louie DeBrusk and Dave Lumley. The female hockey players that were on hand included Olympian hockey gold medalists Sharon Szabados and Caroline Quелlette.

The fundraising hockey tournament consisted of 12 men's corporate sponsored hockey teams and three women's teams that competed in their separate hockey gender leagues. Each team was assigned two professional hockey players in both men's and woman's teams, playing along side a group of novice hockey volunteers who were motivated by the star pros while sharing in the team spirit of a fun and challenging hockey tournament.

The teams were on a mission to raise money for the Jasper Place Health and Wellness Centre's many homeless who are dependant on the centre's programs and services. The Jasper Place Health and Wellness Centre was founded in 2006. The non-profit organization's main aim is to provide transitional house to Edmonton's many homeless. The centre's track record claims to helping over 700 homeless families and individuals find permanent homes in Edmonton.

Hockey Helps The Homeless was established in 1996. The volunteer non-profit organization was originally influenced by a

group of Toronto businessmen, who decided to turn an annual industrial hockey tournament into a hockey fundraiser to help Toronto's Homeless.

Since that time onwards, the popular charitable fundraiser has successfully stretched its reach right across Canada to various major cities raising \$7,000,000 while playing hockey.

Hockey Helps the Homeless estimates that by the end of 2014 alone, 300,000 people will have experienced homelessness in Canada.

ASN took time out to interview former Edmonton Oiler's alumni Mike Krushelnyski, who was representing and playing on the corporate sponsored team Boardwalk Division. Fans may remember the Oiler star player who played alongside the likes of NHL Oiler's greats, Wayne Gretzky, Mark Messier, Jari Kurri and Paul Coffey.

The former pro had this to say about his how he became involved in the fundraising that has helped to make a difference by helping the homeless. Krushelnyski said, "Well that obviously came from Ron Lowe and Linda Lowe. I believe there was Gary Skalion that is involved in the Toronto area. What we've got from Ronnie, whatever he does, we try to support our alumni. Ronnie's a great guy. Linda's a great girl. They do a great job. As you know, an alumni member can help out any shape or form. That's what it's all about."

Krushelnyski counts his blessings that he's not walking in the shoes of the homeless and reflects on the sad stories he's heard about the homeless during last year's fundraiser. Krushelnyski said, "Fortunately I have never seen it, or experienced it, other than last

year. Our first year here some of the stories were just heart breaking. There's also a lot of great girls, the Olympian girls team. They do a great job and you know an alumni member can help out any shape or form. That's what it's all about."

The fundraiser offered a free lunch for those who donated their time and effort in helping to make this event possible. After

the tournament ended at 5 p.m. a dinner reception was held, followed by a silent auction hosted by Global Television's very own Shaye Ganam. Proceeds from the auction also went to support the Jasper Place Health and Wellness Centre's programs and services that have helped to improve the quality of life for some of Edmonton's homeless

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Linda Dumont Honoured as a Daughter of the Year

By Eric Rice, Staff Writer
for Alberta Street News

In Edmonton City Hall on Saturday, September 6 a group of extraordinary women were recognized for their contributions to the community and for being role models for other women.

Daughters Day in Edmonton was initiated three years ago by a group of men: men who wanted to see improvement in gender discrimination and equality. Each year they honour a group of women, nominated by peers and colleagues, who have shown extraordinary dedication to the betterment of society.

The recipients this year included a doctor, a body builder, a television producer and a film maker along with eight others from the public sector and social services. Linda was recognized for her work with Alberta Street News and for feeding and supporting the marginalized and homeless through her mission and outreach work.

The event was opened by Mayor Don Iveson, who spoke of his daughter and wife and their contributions to his life and others. Dr. Jodi Abbott from NorQuest College delivered the keynote, and spoke warmly from her personal perspective about the challenges facing young women. From body image and self-consciousness to cultural barriers and stereotypes, the list of constraints is tremendous. Although statistics show progress, she warned that there was still much to do before we could say that gender equity was a reality.

When it came time for Linda to accept her award, she did so with characteristic humour and humility. "I guess I've had two lives," she said. "I started over again about 25 years ago and since then I've lived life on my terms. It's been an amazing adventure."

As with each of the recipients she



Photo By: Poushali Mitra

Angelique Branston and Linda Dumont set up the Alberta Street News information table for Daughters' Day.

was greeted with enthusiastic applause from a diverse crowd of both sexes.

While the goal of the Daughter's Day event is to promote the work of individuals, it is also intended to raise awareness of the issues surrounding gender discrimination. One of the ways this is done is the Commitment Walk, taken by many people before the ceremony. It traces a path through downtown Edmonton, stopping at the Homeless Memorial, Canada Place, Stanley Milner Library and other places. At each, the group is asked to reflect upon how the meaning of that site relates to gender equality. In the case of Canada Place, the relatively low number of women in politics at all levels was raised. At the Winspear Centre the barriers to success for women in different artistic disciplines was discussed.

At the Homeless Memorial, the group discussed how women, and in particular single women with children, suffered more challenges than men when struggling with poverty or homelessness. One person raised the point that shelter space for women and children was extremely limited, and constantly oversubscribed. One of the group suggested that it was time for the people of Alberta to wake up to the problem of poverty, and to force the government to act.

As we talked there was a free meal being served behind the memorial, and about 100 people, some with their homes on their back or in shopping carts, were lined up or sitting on the grass, relaxing or eating.

That moment for me exemplified why the Daughters of the Year were being honoured that year, and why Linda Dumont stood

out as a person who had made a difference. If she had been part of our group on that day, she would have known many of the people being helped. She had probably helped and fed many of them herself. She is someone who acts. While those of us talking about it learned something, and had our awareness raised, we still did not measure up to the Daughters who had been honoured that day, including Linda. They were women who walked the talk, and deserved our recognition and respect.

Paula Kirman Honoured For Her Activism

Paula Kirman, activist and musician, was one of the twelve

women honoured on Daughters' Day. Kirman documents many social justice events and posts at her website Radical Citizen Media. Paula is editor of the Boyle McCauley News and she wrote the Daughters' Day theme song.



Photo By: Daryl Gauthier

Paula Kirman sang the Daughter's Day theme song, which she wrote.

MISSION

Edmonton Street News Society provides a voice, employment and social support to those who need these, and communications perspective dealing with poverty and social justice, by education and communication activities, including publishing a street newspaper.

Values/Beliefs/Guiding Principles

We believe in being inclusive and encouraging. We believe that human rights are fundamental to living together. We believe that everyone deserves the opportunity to earn and control their money. We believe in journalistic and organizational professionalism and integrity. We believe the public needs to know about the issues of poverty and social justice. We value community and connecting with others. We value passion and determination. We believe everyone deserves the opportunity to learn, develop and use communication skills.



Photo By: Michael Hoyt

Linda Dumont spoke briefly after she accepted the Daughter's Day plaque.